

Get the emotional health support you want and deserve

At no cost to you



Discover myStrength, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

myStrength empowers you with:



Personalized plan. Answer a series of questions, and myStrength will create a plan designed just for you.



Recommended digital content and resources. Explore self-guided activities and tools based on your goals and needs.



In-the-moment tools. Calm yourself down, shift your thinking, get inspired and feel more hopeful.



Support your way. Connect with a coach for live sessions and get a personalized plan and digital content.

Teladoc Health takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA. Please see our [Notice of Privacy Practices](#) for more information on how Teladoc Health uses your health information.

Get started today!

You can join by visiting Strength.Livongo.Com/STAFF/register or call **800-945-4355** and using registration code: **STAFF**

mStrength Digital is available to members age 13 and above. The myStrength software does not provide medical advice, diagnosis or treatment.

Program includes trends and support on your secure Livongo account and mobile app but does not include a tablet or phone.

Program eligibility varies. Visit our website to learn more.